

Discover the Bike Trails in North Carolina's National Forests

Below is a list of mountain bike trails. The numbers following each trail name correspond to trails shown on [National Forest Service](#) topographical maps. Trails with asterisks are recent additions not on those maps. *Italicized* names are for trails open from October 15- April 15 each year. For more information on the trails, please call the ranger office in each district whose contact information is shown at the end of this section.

Cyclists can camp for free in dispersed areas throughout the national forests. A small fee is charged for camping in designated areas. Do not camp or bike in wildlife openings because these places are managed specifically for wildlife.

● = Easy	□ = More Difficult	◆ = Most Difficult
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Pisgah National Forest/French Broad District

Difficulty	Trail Name	Trail Number	Miles
□	Mill Ridge	*	4.5
●	Laurel River	*	3.6

Pisgah National Forest/Grandfather District

Difficulty	Trail Name	Trail Number	Miles
□	Woodruff Branch	256	2.4
□	Wilson Ridge	269	14.7

Pisgah National Forest/Pisgah District

Difficulty	Trail Name	Trail Number	Miles
□	Avery Creek	327	3.2
●	Bear Branch	*	1.3
□	<i>Bennet Gap</i>	<i>138</i>	2.9
□	Big Creek	102	4.9
◆	Black Mountain	127	9.8
□	Bradley Creek	351	5.1
□	Buckhorn Gap	103	4.6
□	Buckwheat Knob	122	1.5
□	<i>Butter Gap</i>	<i>123</i>	2.7
●	Campground Connector	*	0.7
□	Caney Bottom Loop (west side)	361	2.0
●	Caney Bottom Extension	*	0.7
□	Cantrell Creek	148	1.9
◆	Case Camp Ridge	119	1.7
●	Cemetery Loop	*	1.1
□	Club Gap	*	0.8
□	Daniel Ridge	*	4.0
●	<i>Deerfield Loop</i>	<i>335</i>	<i>0.8</i>
●	<i>Homestead</i>	<i>333</i>	<i>1.0</i>
□	Horse Cove Gap	*	0.8

●	Ingles Field Gap	*	0.5
●	Ivestor Gap (up to wilderness)	101	2.0
□	Laurel Creek	19F	1.8
□	Laurel Mountain	121	7.4
●	Laurel Mountain Connector	*	1.0
□	Little Hickory	*	1.8
□	Long Branch	86	2.5
□	Middle Fork	352	1.8
□	Mullinax	326	1.2
□	North Boundary	*	1.5
◆	North Mills River	*	2.0
▤	<i>North Slope</i>	359	4.5
◆	Perry Cove	*	1.2
□	Pilot Cove, Slate Rock Loop	320	5.3
◆	Pilot Rock	321	3.6
●	<i>Pine Tree Loop</i>	336	2.0
●	<i>Pink Beds Loop (north)</i>	118	2.5
□	Riverside	*	2.5
□	Sidehill	*	1.3
▤	<i>Explorer Loop</i>	337	3.0
◆	Farlow Gap	106	3.1
□	Flat Laurel Creek	346	3.7
●	Fletcher Creek	350	2.4
□	Foster Field	*	2.5
●	Grass Road	*	1.5
●	Graveyard Ridge (up to railroad grade)	*	3.4
□	Sleepy Gap	339	1.0
◆	South Mills River	133	12.0
□	Spencer Branch	140	2.3
□	Spence Gap	*	1.4
□	Squirrel Gap	147	7.5
◆	Summey Cove	129	2.0
□	Sycamore Cove	*	3.2
●	Thrift Cove	*	3.8
□	Trace Ridge	354	3.1
◆	Turkey Pen Gap	332	5.5
□	Upper Avery Creek	*	1.0
□	Vineyard Gap	324	3.3
●	Wash Creek	*	1.0

Nantahala National Forest/Cheoah District

Difficulty	Trail Name	Trail Number	Miles
□	Tsali Trail	38	20.0
□	Thompson Loop	*	7.5
□	Mouse Branch Loop	*	5.5

Nantahala National Forest/Highlands District

Difficulty	Trail Name	Trail Number	Miles
<input type="checkbox"/>	Panthertown Valley	*	5.5
●	Round Mountain	*	2.8
<input type="checkbox"/>	Little Yellow Mountain Gap	*	8.8
<input type="checkbox"/>	Blue Valley	*	9.7
<input type="checkbox"/>	Stewart Cove	*	3.1
<input type="checkbox"/>	Moss Gap/Knob	*	4.2
<input type="checkbox"/>	Brush Creek	*	7.0

Uwharrie National Forest

Difficulty	Trail Name	Trail Number	Miles
<input type="checkbox"/>	Elk Horn	*	0.6
<input type="checkbox"/>	Big Branch	88	1.0
<input type="checkbox"/>	CCC	91	1.1
<input type="checkbox"/>	Falls Dam	96	2.8
<input type="checkbox"/>	Dickey Bell	96A	3.4
<input type="checkbox"/>	Gold Mine	93	1.2
<input type="checkbox"/>	Daniel	*	1.6
<input type="checkbox"/>	Wolf Den	89	0.8
<input type="checkbox"/>	Slab Pile	89A	1.0
<input type="checkbox"/>	Sawmill	*	1.2
<input type="checkbox"/>	Rocky Mount	92	2.8
◆	Dutch John	*	2.1

For more information...

Nantahala National Forest

Cheoah Ranger District
Route 1, Box 16-A
Robbinsville, NC 28771
828/479-6431

Highlands Ranger District
Route 1, Box 247
Highlands, NC 28741
828/526-3765

Pisgah National Forest

Pisgah Ranger District
1001 Pisgah Highway
Pisgah Forest, NC 28768
828/877-3265

Grandfather Ranger District
PO Box 519
Marion, NC 28752
828/652-2144

French Broad Ranger District
PO Box 128
Hot Springs, NC 28743
828/622-3202

Uwharrie National Forest

Route 3, Box 470
Troy, NC 27371
336/576-6391